

Renewing the Mind

Making/Taking Time for Change

2009

Prayer: Ephesians 5:16 – “Redeeming the time, because the days are evil.” NIV

Psalms 39:4 - "Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life." NIV

Job says in the Bible book that bears his name, in chapter 7 verse 6 “My days are swifter than a weaver's shuttle, and are spent without hope.” KJV

If you have made the determination to spend time alone with God and you're like most who live in a fast-paced society, there is not much time left to sit quietly and read the Bible. When all the demands for our time are met, there is precious little time left over. Time truly flies.

Time is like money. We only have a certain amount of either to work with. We can budget our time the same as money. Recently I kept track of all the money I spend during a one-month period. I took the total, compared it to my income since retiring, and was shocked to see I was spending \$250 a month more than was coming in. This explained why the checking account was down so low. Before retirement, I lived within my income and never had to budget very closely, but now, I have to live within strict limits of income for each month. This was not easy. Likewise if you decide to budget your time *each day* to have enough time for Bible reading – it will be one of the toughest disciplines you ever enforce on yourself, for it is required *every* day.

I cannot express adequately the absolute necessity of *daily* bible reading. Our bibles contain the living word of God and reading it daily is the primary means of becoming close to God.

To have close fellowship with other Christians is essential. Godly brothers in the faith protect us with prayer, accountability, etc. They need us for the same reasons, therefore, let us diligently seek to be that brother.

Now is a good time to take an assessment of your typical day and think through each hour of it. Write down what you do and the approximate time each task requires. I've put an example below, cause if you're like me, you need to see it to manage it.

- Wake for work – Are you able to get up a little earlier to read and pray? I'm not a morning guy so this didn't work for me (before retirement).
- Drive to work – Don't read while driving, I'm serious, I have seen people doing that. It's bad juju.
- Before starting the job - Is there time to read and pray in the car before going in, now that you're more awake?
- Lunch break – Any chance to get away for a few moments, maybe back to the car?
- Drive home – Come on... no way. But, maybe you could stop somewhere for a moment, a park, a coffee shop.
- Arrival home – Listen, if you have a family who greets you, give them this time! It is important for sustaining your life with them. To have a few moments during the evening for yourself, it will help if you take a moment to explain beforehand your need to have it.
- After dinner – Oh, there's a ball game... never mind.
- Before bed – When I had the 8-5 job, this is when I liked to read and pray, but not lying down in bed. The sleep creature is all over me when I lie down. I sat in the living room.

If you can find just 15 minutes each day to read and pray for change, this is a good beginning.